



# A CUP OF HEALTH WITH CDC

## Vaccines for Teens

*National, Regional, State, and Selected Local Area Vaccination Coverage Among Adolescents Aged 13-17 Years — United States, 2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

When most of us think about vaccinations, we think about infants and young children. However, three vaccines are recommended for adolescents.

Dr. Sarah Reagan-Steiner is a researcher with CDC's National Center for Immunization and Respiratory Diseases. She's joining us today to discuss vaccines for adolescents. Welcome to the show, Sarah.

[Dr. Reagan-Steiner] Thank you.

[Dr. Gaynes] Sarah, what vaccines are recommended for adolescents?

[Dr. Reagan-Steiner] Well, adolescents should get the Tdap vaccine which protects against tetanus, diphtheria, and pertussis (or whooping cough); the meningococcal vaccine which protects against meningitis, and the human papilloma virus (or HPV) vaccine which protects against cancers caused by HPV infections. And everyone older than six months of age should get an annual flu vaccine.

[Dr. Gaynes] Do any of these vaccines require multiple doses?

[Dr. Reagan-Steiner] The meningococcal and HPV vaccines require more than one dose. For meningococcal vaccine, preteens should get one dose when they're 11 to 12 and a second dose when they turn 16. There are three doses in the HPV vaccine series. The first dose should be given at 11 to 12 years of age. The second dose is given one to two months after the first. Then, a third shot is given six months after the first. All preteens, girls and boys, should receive all three doses before their 13<sup>th</sup> birthday.

[Dr. Gaynes] Are any of these vaccines required for school attendance?

[Dr. Reagan-Steiner] So, school requirements vary from state to state. To find out what is required by your child's school, you can contact your child's school or your state or local health department. But we recommend that teens and preteens receive all of these vaccines to protect them from potentially serious diseases.

[Dr. Gaynes] How are we doing with these vaccines?

[Dr. Reagan-Steiner] As a nation, we're doing well with Tdap and meningococcal vaccines. About eight out of 10 teens have received each of these vaccines. However, only six out of 10 girls and five out of 10 boys have started the HPV vaccine series. While HPV vaccine is becoming more routine, we still have a long way to go.

[Dr. Gaynes] What if a child is older than the recommended age and hasn't received some of these vaccines?

[Dr. Reagan-Steiner] It's never too late to catch up. Contact your child's health care provider today to schedule an appointment.

[Dr. Gaynes] Sarah, where can listeners get more information about recommended vaccines for adolescents?

[Dr. Reagan-Steiner] Listeners can go to [cdc.gov/vaccines/parents](http://cdc.gov/vaccines/parents).

[Dr. Gaynes] Thanks, Sarah. I've been talking today with CDC's Dr. Sarah Reagan-Steiner about the importance of ensuring adolescents are up-to-date on recommended vaccines.

Parents – If your teen has not started getting these vaccines, make an appointment to get caught up. It's never too late.

Until next time, be well. This is Dr. Robert Gaynes for A Cup of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*